

HUBUNGAN TINGKAT PENGETAHUAN IBU DAN PERILAKU PICKY EATING IBU DENGAN PERILAKU *PICKY EATING* PADA ANAK PRA-SEKOLAH DI PAUD BUNGUR IV JAKARTA TAHUN 2017

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ABSTRAK

Latar Belakang: *Picky Eating* merupakan masalah penting pada pertumbuhan anak yang perlu diperhatikan baik oleh orang tua maupun praktisi kesehatan, yang memiliki efek merugikan bagi penambahan berat badan yang tidak sesuai, defisiensi nutrisi penting serta pengurangan variasi asupan makanan. **Tujuan:** Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara tingkat pengetahuan ibu dan perilaku makan ibu dengan perilaku *picky eating* pada anak pra-sekolah di PAUD Bungur IV Jakarta 2017. **Metode:** Penelitian ini merupakan penelitian kuantitatif dengan desain *Cross Sectional*. Jumlah sampel pada penelitian ini sebanyak 53 sampel yang dipilih menggunakan teknik *stratified sampling*. Data penelitian didapatkan dengan menggunakan instrumen kuesioner. **Hasil:** Hasil menunjukkan bahwa terdapat 50,9% siswa berperilaku *picky eating*. Hasil analisis bivariat menggunakan uji *chi square* menunjukkan ada hubungan antara pengetahuan ibu ($p=0,024$) dan perilaku makan ibu ($p=0,038$) dengan perilaku *picky eating* pada anak. **Kesimpulan:** Terdapat hubungan yang bermakna antara tingkat pengetahuan ibu dan perilaku makan ibu dengan perilaku *picky eating* pada anak pra-sekolah. Penelitian ini dapat dijadikan informasi untuk orangtua tentang pentingnya memberi contoh perilaku makan yang baik kepada anak.

Kata kunci: Anak pra-sekolah, perilaku *picky eating* anak, perilaku *picky eating* ibu, tingkat pengetahuan ibu

RELATION BETWEEN LEVEL OF MOTHER'S KNOWLEDGE AND MOTHER'S PICKY EATING BEHAVIOR WITH PICKY EATING BEHAVIOR IN PRESCHOOLERS CHILDREN AT PAUD BUNGUR IV JAKARTA IN 2017

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ABSTRACT

Background: Picky eating was the important issues in child growth that have concerned by parents and health practitioners, due to the negative effect of imbalance increasing of weight, important nutrition deficiency, also lack of variation of food consumptions. **Objectives:** The purpose of this study was to determine the relationship of mother's knowledge and mother's eating behaviors with picky eating behaviors in preschoolers children at PAUD Bungur IV Jakarta 2017. **Method:** The type of this research was quantitative with Cross Sectional design. The total of the sample were 53 samples which selected using stratified sampling technique. Data of this research obtained by questionner instrument. **Results:** The result showed that there were 50,9% of students with picky eating behavior. Bivariate analysis result using chi square test showed that there were relation between mother's knowledge ($p=0,024$) and mother's eating behavior ($p=0,038$) with picky eating behavior in children. **Conclusions:** There were relation between mother's knowledge and mother's eating behaviors with picky eating behaviors in preschoolers children. However, this study can be used as an information for parents about the important giving good example of eating behavior to the children.

Keywords: Children's picky eating behavior, level of mother's knowledge, mother's picky eating behavior, preschoolers children